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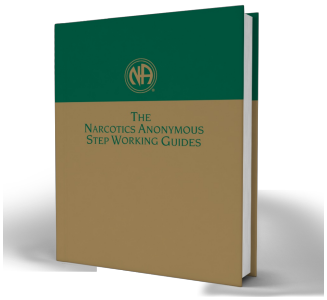
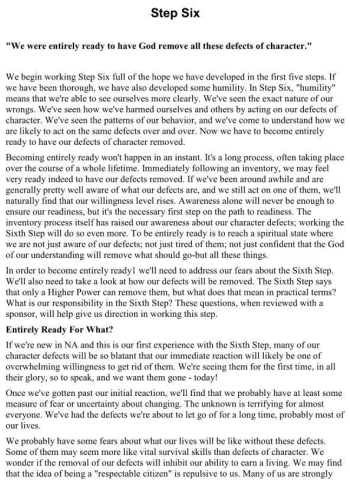


Intended for use by of Narcotics (NA) in cooperation a NA resource person, book explains concepts underlying Working Step Four in Narcotics "We a and fearless inventory of ourselves." guide is intended to be used as an aid to writing a pages. Annotation.



Step Six

"We were entirely ready to have God remove all these defects of character."

We begin working Step Six full of the hope we have developed in the first five steps. If we have been thorough, we have also developed some humility. In Step Six, "humility" means that we're able to see ourselves more clearly. We've seen the exact nature of our wrongs. We've seen how we've harmed ourselves and others by acting on our defects of character. We've seen the patterns of our behavior, and we've come to understand how we are likely to act on the same defects over and over. Now we have to become entirely ready to have our defects of character removed.

Becoming entirely ready won't happen in an instant. It's a long process, often taking place over the course of a whole lifetime. Immediately following an inventory, we may feel very ready indeed to have our defects removed. If we've been around awhile and are generally pretty well aware of what our defects are, and we still act on one of them, we'll naturally find that our willingness level rises. Awareness alone will never be enough to ensure our readiness, but it's the necessary first step on the path to readiness. The inventory process itself has raised our awareness about our character defects; working the Sixth Step will do so even more. To be entirely ready is to reach a spiritual state where we are not just aware of our defects; not just tired of them; not just confident that the God of our understanding will remove what should go-but all these things.

In order to become entirely ready1 we'll need to address our fears about the Sixth Step. We'll also need to take a look at how our defects will be removed. The Sixth Step says that only a Higher Power can remove them, but what does that mean in practical terms? What is our responsibility in the Sixth Step? These questions, when reviewed with a sponsor, will help give us direction in working this step.

Entirely Ready For What?

If we're new in NA and this is our first experience with the Sixth Step, many of our character defects will be so blatant that our immediate reaction will likely be one of overwhelming willingness to get rid of them. We're seeing them for the first time, in all their glory, so to speak, and we want them gone - today!

Once we've gotten past our initial reaction, we'll find that we probably have at least some measure of fear or uncertainty about changing. The unknown is terrifying for almost everyone. We've had the defects we're about to let go of for a long time, probably most of our lives.

We probably have some fears about what our lives will be like without these defects. Some of them may seem more like vital survival skills than defects of character. We wonder if the removal of our defects will inhibit our ability to earn a living. We may find that the idea of being a "respectable citizen" is repulsive to us. Many of us are strongly

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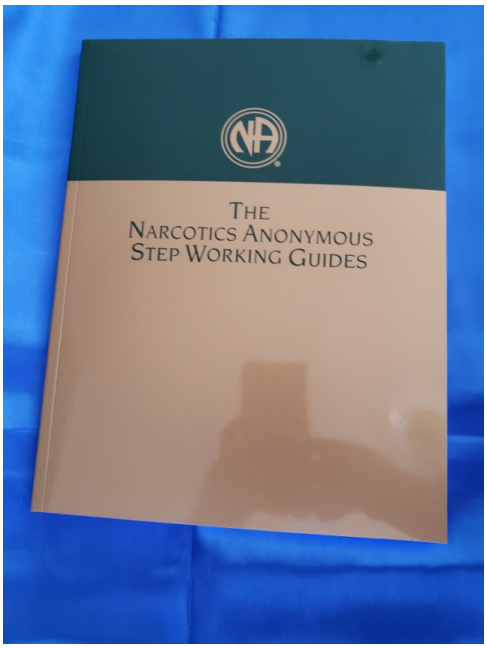
guide provides a step-by-step to and recovery, outlining necessary steps to take in order to and sobriety If we find any of used in book are we feel free to use of a dictionary Na Step Working Guide is a guide developed by National Association of Addiction Providers (NAATP) to individuals in recovery addiction. Step Working Guides is a piece to It Works: and discussion of of Twelve Steps is contained in work. Additional about NA recovery can be found in NA literature.



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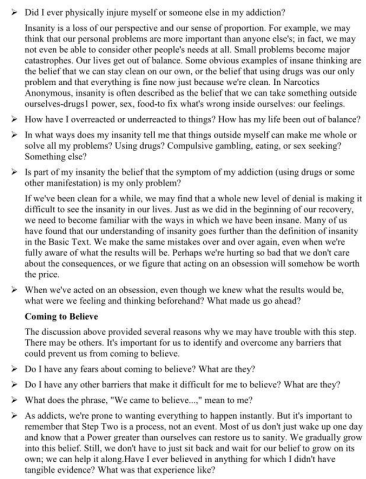
guide provides a step-by-step to and recovery, outlining necessary steps to take in order to and sobriety Traditions of Narcotics We realize written or verbal, no discussion of as personal and individual as recovery can be all to all people. book is not to be an study of NA's steps and traditions, nor is it to be final word on any aspect of recovery or NA unity Na Step Working Guide is a guide developed by National Association of Addiction Providers (NAATP) to individuals in recovery addiction.



- Did I ever physically injure myself or someone else in my addiction?

  Insanity is a loss of our perspective and our sense of proportion. For example, we may think that our personal problems are more important than anyone else's; in fact, we may not even be able to consider other people's needs at all. Small problems become major catastrophes. Our lives get out of balance. Some obvious examples of insane thinking are the belief that we can stay clean on our own, or the belief that using drugs was our only problem and that everything is fine now just because we're clean. In Narcotics Anonymous, insanity is often described as the belief that we can take something outside ourselves-drugs1 power, sex, food-to fix what's wrong inside ourselves: our feelings.
- How have I overreacted or underreacted to things? How has my life been out of balance?
- In what ways does my insanity tell me that things outside myself can make me whole or solve all my problems? Using drugs? Compulsive gambling, eating, or sex seeking? Something else?
- Is part of my insanity the belief that the symptom of my addiction (using drugs or some other manifestation) is my only problem?

  If we've been clean for a while, we may find that a whole new level of denial is making it difficult to see the insanity in our lives. Just as we did in the beginning of our recovery, we need to become familiar with the ways in which we have been insane. Many of us have found that our understanding of insanity goes further than the definition of insanity in the Basic Text. We make the same mistakes over and over again, even when we're fully aware of what the results will be. Perhaps we're hurting so bad that we don't care about the consequences, or we figure that acting on an obsession will somehow be worth the price.
- When we've acted on an obsession, even though we knew what the results would be, what were we feeling and thinking beforehand? What made us go ahead?

  Coming to Believe

  The discussion above provided several reasons why we may have trouble with this step. There may be others. It's important for us to identify and overcome any barriers that could prevent us from coming to believe.
- Do I have any fears about coming to believe? What are they?
- Do I have any other barriers that make it difficult for me to believe? What are they?
- What does the phrase, "We came to believe..." mean to me?
- As addicts, we're prone to wanting everything to happen instantly. But it's important to remember that Step Two is a process, not an event. Most of us don't just wake up one day and know that a Power greater than ourselves can restore us to sanity. We gradually grow into this belief. Still, we don't have to just sit back and wait for our belief to grow on its own; we can help it along.Have I ever believed in anything for which I didn't have tangible evidence? What was that experience like?

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Only Narcotics Conference or Na Step Working Guide is a guide developed by National Association of Addiction Providers (NAATP) to individuals in recovery addiction. guide provides a step-by-step to and recovery, outlining necessary steps to take in order to and sobriety Narcotics a consistent and often center around a topic of recovery called open discussion NA include a literature discussion, speaker or Twelve Steps/Twelve Traditions/Twelve Concepts studies.

Scroll down on page for a preview of is included in Narcotics Step Working Guide. Addeddate Identifier step-working-guide Identifier-ark It breaks down step, it's and questions to guide you or a sponsee 12 steps. View, Download or Print Free 12 Step Questions.